

## ***ShakeOut Drill: Be Prepared – Not Scared!***

Great ShakeOut Earthquake Drills are a chance to practice how to [protect ourselves](#) during big earthquakes, and also how to get prepared. For [Earthquake Preparedness](#) we are continuing our series of earthquake safety tips (see below) with Step 2: *Plan to be Safe*.

If you are an organization or school, now is a great time to finalize plans for your ShakeOut drill:

- Have you notified your participants about your ShakeOut drill date? (Most will participate on 10/15 at 10:15 a.m.)
- Will you be playing the [ShakeOut Drill Broadcast](#) during your drill? Be sure to download the recording and test how it plays on your sound system prior to drill day.
- Will your drill include activities of interest to the news media? If so, please complete our [event submission](#) form and your event may be included on our list of media venues.



All participants can also review simple instructions for [how to participate](#) that are available for each ShakeOut participation category and for a variety of situations. If you have registered recently, please review previous [ShakeOut Update e-mails](#) that you may have missed.

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## ***The Seven Steps to Earthquake Safety***

In the coming weeks, we will be highlighting each of the [Seven Steps to Earthquake Safety](#), recommendations for what to do before, during, and after earthquakes. Following these steps is an optional aspect of your ShakeOut participation that may improve your preparedness for a big earthquake or other emergencies.

## Step 2: Plan to be safe.

Plan to be safe by creating a disaster plan and deciding how you will communicate in an emergency. [FEMA](#) and the [American Red Cross](#)

offer great suggestions for planning for disasters. Here are aspects to consider when planning for earthquakes:



- Identify safe spots in every room, such as under sturdy desks or tables, or on the ground next to an interior wall away from windows and things that may fall.
- Earthquakes can start fires, so store a fire extinguisher where it can be easily accessed, and learn how to use it ([P.A.S.S.](#) - Pull, Aim, Squeeze, Sweep).
- People often cut their feet during or after earthquakes when they get out of bed and walk barefoot on broken glass or other fallen objects. To keep shoes and a flashlight within reach, put them in a bag and tie it to your bedframe or headboard.
- Access to making long distance phone calls is usually restored first. Choose someone who lives out of the area for everyone in your family to report their status, then learn how to [Text First, Talk Second](#) from ShakeOut partner Safe America Foundation.
- If you are a person with a disability or need extra help, include your personal support network in your plan and visit [EarthquakeCountry.org/disability](#) for a variety of resources.
- Find out if you live, work or play in a tsunami zone and make sure everyone knows how to get to higher ground if necessary. To see if you are at risk for tsunami, earthquake, fire and flood hazards, visit <http://MyHazards.CalEMa.ca.gov/>



For more about how to plan to be safe, go to [EarthquakeCountry.org/step2](#).